

Post-Thanksgiving Turkey Soup



Bone broth after adding fresh herbs.

Completed soup warming up to serving temp.

Turkey soup is a dish a lot of us grew up eating. My sister and I certainly did. And not always with delight. My sister and I often had trepidation about this soup. That depended on how many months the turkey carcass was in the freezer before my mom decided to make the soup.

As a chef, I decided to make sure my turkey soup was something my family, and all of you, would look forward to. Turkey soup, just like chicken soup, is perfect comfort food. It's a perfect accompaniment to a crisp, Fall day. There are a couple important tips to making a superb, yet simple, turkey soup.

1. Make the soup within a couple days of Thanksgiving Dinner. Do not freeze the meat nor the bones beforehand.
2. Crack open all the medium to large bones for the all-day bone broth.
3. Fresh herbs, preferably from your garden, are essential.

Turkey Soup Recipe

Serves 6 (but depends on amount of left-over turkey)

1 hr of work plus all-day bone broth simmer

Ingredients

Turkey carcass bones cleaned of meat

Turkey meat 2-4 lbs

2 quarts water

2 onions diced

2 carrots diced

1 celery stalk diced

3-4 cloves of garlic, minced

Any other miscellaneous vegetables you want to put in the soup

1 tsp salt
¾ tsp pepper
2-3 6" lengths of rosemary or 1 tsp of dry
2-3 bundles of fresh thyme or 1 tsp of dry
1 cup loosely packed fresh basil or 1 tsp of dry
Any other fresh herbs you prefer (anise, oregano, lemongrass, etc)
2 cups un-cooked barley, 4 cups cooked rice, 1 lb cooked wide egg noodles, or other carb, such as risotto, or diced potatoes

Tools

Dutch Oven

1. Pre-heat water to a simmer in Dutch oven.
2. Break medium to large turkey bones with mallet, hammer, rolling pin or pestle. The large bones can be quite hard, so make sure you have a very firm, strong surface to work on. Maybe not your brand-new quartz countertop.
3. Add bones, herbs, salt, and pepper to water and simmer all-day. If you want your house to fill with the wonderful aroma of bone broth, simmer with the lid off. Add water throughout the day to keep broth to two quarts.
4. Sauté diced vegetables until just soft.
5. Shred turkey meat.
6. Pre-cook carbohydrate of choice (rice, noodles, risotto, potatoes, etc)
7. At the end of your allocated bone broth simmer time, strain the bone broth through a colander or sieve. Throw out the bones and herbs. Simmer the barley if using in the bone broth per package directions and then add turkey meat and vegetables and heat broth back up to a simmer. Adjust taste of soup with salt, pepper, or seasoning of choice. Add carb of choice if not using barley or place in bowls to ladle the soup over. Serve with optional herb toppings, sliced green onions, cilantro, sliced avocado, Greek yogurt, or sour cream.

Recipe by Jimmy, www.flightsbyjimmy.com

Historical references: My mother, Sara Rae.